

# Community EVENTS

## FREE Health & Wellness Events in March!

### RESCHEDULED

April 26, 5:30 p.m.

#### **Drowsy Driving**

*Anita Bhola, MD*

Sleep loss is an obvious factor in drowsy driving. Learn effective treatments for sleep-related problems and the benefits of a good nights sleep.

*Cornwall campus, Second Floor  
19 Laurel Avenue, Cornwall*

WEDNESDAY  
MARCH 10, 7:00 p.m.

#### **CME: Pediatric Trauma**

*Maria Carina David, MD and  
Donna Hannigan, NP, RN*

Free education event for emergency services providers. (2 medical control credits)

*Cornwall Ambulance Corp  
1 Clinton Street, Cornwall*

THURSDAY  
MARCH 18, 6:30 p.m.

#### **Solutions for Neck & Back Pain**

*J. Esteban Cuartas, MD*

Back and neck pain sufferers won't want to miss this lecture! Learn surgical and non-surgical treatments to relieve pain.

*Cornwall Library  
395 Hudson Street, Cornwall*

TUESDAY  
MARCH 23, 5:30 p.m.

#### **Don't Suffer in Silence: Answers to Hip and Knee Pain**

*Kenneth Rauschenbach, MD*

Learn about common causes of hip and knee pain; and how to prevent future injuries.

*Cornwall Library  
395 Hudson Street, Cornwall*

THURSDAY  
MARCH 25, 7:00 p.m.

#### **Becoming an Effective Self Advocate**

*Jordan Jankus, Self Advocacy  
Association of New York State*

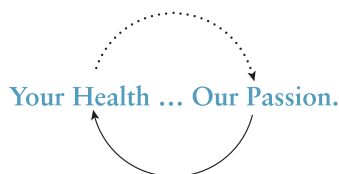
Teens face many pressures to succeed both socially and academically. This lecture provides tools to build confidence and communicate effectively.

*Cornwall Medical Pavilion, Lobby  
21 Laurel Avenue, Cornwall*

## Join Us!

To rsvp, call  
(845) 568-2232 or  
e-mail [communityevents@slchospital.org](mailto:communityevents@slchospital.org).

Light refreshments  
will be served.



[stlukescornwallhospital.org](http://stlukescornwallhospital.org)

St. LUKE'S CORNWALL



HOSPITAL  
A clinical affiliate of  
The Mount Sinai Hospital.